

## Claims

1. (previously presented) A control panel for mounting onto an exercise machine which specifically improves the cardiovascular health of a user during a workout, comprising an upper surface, a side surface, an interior housing, a radio which tunes AM and FM bands at various frequencies and volumes, and a compact disc player which plays tracks on a compact disc, each track having a distinct track number, wherein

the upper surface contains a) an exercise switchpad that has a plurality of switches which electrically input specified numerical values when depressed by the user and activate various modes of operation of the exercise machine to determine a workout for the user, b) a main exercise display screen that graphically presents data relevant to the workout of the user, c) a first exercise window that textually presents information relevant to the workout of the user, d) a second exercise window that textually presents information relevant to the workout of the user, e) a lever switch that selectively activates one of the radio and the compact disc player when operated by the user, f) two pushbutton frequency selection switches that navigate among available radio channels when depressed by the user, g) a frequency display window that digitally indicates the frequency at which the radio broadcasts at a particular time, h) a compact disc switchpad having a plurality of switches

that allow the user to select modes of operation of the compact disc player, i) a compact disc track display window that digitally indicates a current track number that is associated with the compact disc played by the compact disc player, j) two pushbutton volume adjustment switches that increase and decrease the volume of the radio and compact disc player when depressed by the user, and k) an audio jack, into which the user can insert a pair of headphones to listen to music from the radio or compact disc player, and wherein

the upper surface is in electrical communication with the radio and the compact disc player, both of which are located in the interior housing, and wherein

a compact disc drive is located in the side surface.

2. (previously presented) The control panel as recited in claim 1, wherein the first exercise window displays the number of simulated miles traveled by the user, the number of calories burned by the user, and the rate at which the user burned calories during his workout.

3. (previously presented) The control panel as recited in claim 2, wherein the second exercise window displays time that has elapsed since the user began his workout.

4. (previously presented) The control panel as recited in claim 3, wherein the lever switch has three

possible positions: "CD", which activates the compact disc player; "AM", which activates the AM broadcast band of the radio; and "FM", which activates the FM broadcast band of the radio.

5. (previously presented) The control panel as recited in claim 4, wherein the compact disc switchpad has switches that, when depressed by the user, play earlier tracks on the compact disc, play subsequent tracks on the compact disc, play a currently selected track on the compact disc, stop the compact disc, replay tracks on the compact disc that were played previously and eject the compact disc from the compact disc player.

6. (previously presented) The control panel as recited in claim 5, wherein the exercise switchpad is located near the center of the upper surface.

7. (previously presented) The control panel as recited in claim 5, wherein the lever switch is located near the center of the upper surface.

8. (previously presented) The control panel as recited in claim 5, wherein the lever switch is located near the center of the upper surface.